

Basic Report 16146, Beans, pinto, canned, drained solids

Report Date:February 12, 2016 10:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can drained solids 277g
Proximates			
Water	g	70.60	195.56
Energy	kcal	114	316
Protein	g	6.99	19.36
Total lipid (fat)	g	0.90	2.49
Carbohydrate, by difference	g	20.22	56.01
Fiber, total dietary	g	5.5	15.2
Sugars, total	g	0.54	1.50
Minerals			
Calcium, Ca	mg	63	175
Iron, Fe	mg	1.33	3.68
Magnesium, Mg	mg	32	89
Phosphorus, P	mg	101	280
Potassium, K	mg	274	759
Sodium, Na	mg	239	662
Zinc, Zn	mg	0.61	1.69
Vitamins			
Vitamin C, total ascorbic acid	mg	0.1	0.3
Thiamin	mg	0.052	0.144
Riboflavin	mg	0.019	0.053
Niacin	mg	0.272	0.753
Folate, DFE a	µg	24	66
Vitamin B-12	µg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.158	0.438

Nutrient	Unit	1 Value Per100 g	1 can drained solids 277g
Fatty acids, total monounsaturated	g	0.153	0.424
Fatty acids, total polyunsaturated	g	0.273	0.756
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other

Caffeine	mg	0	0
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Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

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